



# City of Albuquerque

## MAYOR / CAO Office

Richard J. Berry, Mayor

### Inter-office Memorandum

January 20, 2010

**To:** City Employees  
**From:** Mayor Richard J. Berry *[Signature]*  
**Subject:** The Live Younger Challenge

The health and well-being of all City of Albuquerque employees and their families is a priority to me. To make it easier for you to gain access to health resources the City has developed a new wellness initiative called the *Live Younger Challenge*.

The *Live Younger Challenge* is a revolutionary program aimed at improving your fitness and nutrition habits. The program is convenient, easy to follow and requires no special equipment. It's a system that combines the right physical activity, smart eating and the encouragement of your co-workers and a health coach. The simple process helps guide you on a path to living younger. The *Live Younger Challenge* is designed to help you:

- Lose weight
- Reduce stress
- Have more energy
- Look and feel great
- Reduce risk for chronic illness

Key elements of the *Live Younger Challenge* Include:

- A personal health coach to keep you motivated and engaged
- Participation as a team with friends and coworkers to make it fun and motivating
- Comprehensive assessments measure your current health and a re-assessment to track your progress

If you are interested in learning more about this program please attend an informational session on **Monday 1/25/10** or **Tuesday 1/26/10** in the Vincent E. Griego Council Chambers at 12:00 noon.

I strongly encourage you to take advantage of this opportunity to manage your own health and invest in your long-term personal success. If you have any questions about the City's wellness program, please contact JD Maes, Health and Wellness Analyst in the Insurance & Benefits office, at 768-2921 or by email at [jmaes@cabq.gov](mailto:jmaes@cabq.gov).